Workout at Work: Chair Dips

Lower yourself below chair, use arms to pull yourself back up, take a break to admire your bulging triceps, repeat.

Sweat is just a by-product of awesomeness

Arms so toned even the first lady would be jealous

Abs so hard you could iron on them, but please don’t

Can be done in pants, dress, skirt, or toga

For obvious reasons, do not attempt if your chair has wheels

Intermountain LiVe Well